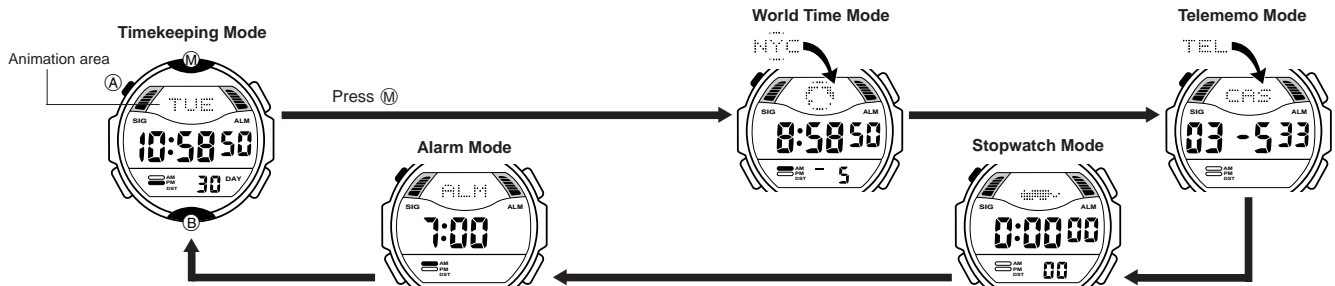


## GENERAL GUIDE

- If the digital display of your watch is continually changing, see "AUTO DISPLAY FUNCTION" for information on how to stop it.

- Press (M) to change from mode to mode.
- The animation area shows different animated characters and graphics, depending on the mode and the operation being performed.



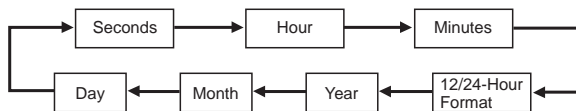
### TIMEKEEPING MODE

This section provides information on setting the time and date.

- The animation area of the Timekeeping Mode normally shows the day of the week. (G-SHOCK) mark appears at 00, 20, 40 second point of each minute.

**To set the time and date**

1. Press (A) while in the Timekeeping Mode. The seconds digits flash on the display because they are selected.
2. Press (M) to change the selection in the following sequence.



3. While the seconds digits are selected (flashing), press (B) to reset the seconds to 00.
- If you press (B) while the seconds count is in the range of 30 to 59, the seconds are reset to 00 and 1 is added to the minutes. If the seconds count is in the range of 00 to 29, the minutes count is unchanged.
4. While hour, minutes, year, month, or day is selected (flashing), press (B) to increase the number. The 12/24-hour setting is selected (flashing), press (B) to switch between the 12-hour (12H) and 24-hour (24H) formats.
  - Holding down (B) changes the current selection at high speed.
  - With the 12-hour format, the PM indicator appears for times in the range of noon to 11:59 pm and the AM indicator appears for times in the range of midnight to 11:59 am.
  - With the 24-hour format, times are indicated in the range of 00:00 to 23:59, without any indicator.
5. After you set the time and date, press (A) to return to the Timekeeping Mode.
  - The day of the week is automatically set in accordance with the date.
  - The date can be set within the range of January 1, 1995 to December 31, 2039.
  - If you do not operate any button for a few minutes while a selection is flashing, the flashing stops and the watch goes back to the Timekeeping Mode automatically.

### BACKLIGHT

- In the Timekeeping Mode and World Time Mode, press (B) to illuminate the display for about two seconds.
- The backlight may not turn on when you press (B) under certain conditions in the World Time Mode. See "To view the time in another zone" for details.
  - The backlight of the watch employs an electro-luminescent (EL) light, which loses illuminating power after very long use.
  - The illumination provided by the backlight may be hard to see when viewed under direct sunlight.
  - The watch will emit an audible sound whenever the display is illuminated. This is caused by a transformer that vibrates when the EL panel lights up. It does not indicate malfunction of the watch.
  - The backlight automatically turns off whenever an alarm sounds.

### WORLD TIME MODE

The World Time Mode shows the current time in 29 time zones (28 cities) around the world.

- The time settings of the Timekeeping Mode and the World Time Mode are independent, so you must make separate settings for each. Note, however, that the seconds counts for both modes are synchronized with each other.
- Whenever you change the time setting for any city in the World Time Mode, the settings of all other cities are changed accordingly.
- The GMT differentials used by this watch are based on Universal Time Coordinated (UTC) data.
- The time zone that is displayed when you leave the World Time Mode will still be displayed when you enter the World Time Mode again.

- A rotating globe is normally in the animation area of the display while in the World Time Mode. The rotating globe is replaced by the city code for the currently displayed time at the 00, 20, and 40 second point of each minute. The city code remains displayed for about two seconds.

### To view the time in another zone

1. While in the World Time Mode, press (B) to display the city code for the time currently shown on the display.
  - Pressing (B) also turns on the backlight for about two seconds.
2. Press (B) again to scroll forward through the city codes (time zones).
- Each press of (B) advances to the next sequential city code.
- Holding down (B) scrolls at high speed.
- If you want to press (B) more than once to scroll through city codes, note that you should not let more than about three seconds pass between (B) button operations. Otherwise, the scrolling operation will be cancelled, and the next press of (B) will simply display the current city code and turn on the backlight, as in step 1 of the above procedure.
- For full information on city codes, see the "CITY CODE TABLE" at the back of this manual.

### To set the World Time

1. In the World Time Mode, use (B) to scroll through the time zones and find the one you want.
2. Press (A). The DST On/Off setting flashes on the display because it is selected.
  - The DST indicator flashes along with the current on/off setting.
3. Press (M) to change the selection in the following sequence.

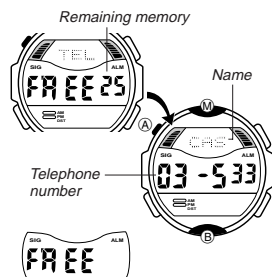
4. While DST On/Off setting is selected (flashing), press (B) toggle Daylight Saving Time on (ON) and off (OFF). While the hour or minutes digits are selected, press (B) to increase the setting.
  - Holding down (B) while the hour or minutes digits are selected changes the setting at high speed.
  - The 12-hour/24-hour format of the World Time matches the format you select in the Timekeeping Mode.
5. After you set the time, press (A) to return to the World Time Mode.
  - If you do not operate any button for a few minutes while a selection is flashing, the flashing stops and the watch goes back to the World Time Mode automatically.

### To switch between standard time and daylight saving time

Daylight saving time (DST), which is also sometimes called "summer time," advances the time for one hour, as is the custom in some areas during the summer. Remember that not all countries or even local areas use Daylight Saving Time.

1. In the World Time Mode, display the time zone whose standard/daylight saving time setting you want to change.
  - You can make separate daylight saving time settings for each individual city.
2. Press (A). The DST On/Off setting flashes on the display because it is selected.
  - The DST indicator flashes along with the current on/off setting.
3. Press (B) to toggle Daylight Saving Time on (ON) and off (OFF).
4. After you are finished making the setting you want, press (A) to return to the World Time Mode.
  - The DST indicator is on the display whenever you display a city for which daylight saving time is turned on.

### TELEMEMO MODE

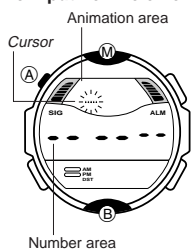


[New Data Screen]

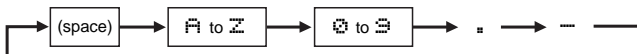
The Telememo Mode lets you store up to 30 pairs of name and telephone number data. Data is automatically sorted based on the characters of the name. You can recall data by scrolling through it on the display.

- See the "CHARACTER LIST" at the back of this manual for details on how the watch sorts data.
- The new data screen appears when there is no data stored in memory, or when you scroll to the location between the last and the first data items stored in memory.
- The data item on the display when you exit the Telememo Mode appears first the next time you enter the Telememo Mode.
- If you do not operate any button for a few minutes while in the Telememo Mode, the watch automatically goes back to the Timekeeping Mode.

#### To input new Telememo data



1. In the Telememo Mode, press (B) until the new data screen appears.
  - In the Telememo Mode, the animation area of the display is used for name input and display.
  - If the message FULL appears in the number area of the display, it means that memory is full. To store more data, you will first have to delete some of the data stored in memory.
2. Press (A) and a cursor appears in the animation area.
3. Use (B) to change the character at the cursor position in the animation area. The character changes in the following sequence.



- Holding down (B) changes the character at high speed.
- 4. When the character you want is at the cursor position, press (M) to move the cursor to the right.
- 5. Repeat the steps 3 and 4 until your text is complete.
- 6. You can input up to eight characters for the name.
- 6. After you input a name, use (M) to move the cursor to the number area.
- There are eight spaces provided for input of characters of each name, though only three characters are visible at a time in the animation area. If the name you input has less than eight characters, use (M) to move the cursor to the eighth space (which means you would press (M) three times after inputting a 5-character name, for example). Pressing (M) again while the cursor is at the eighth space causes it to jump down to the first digit in the number area. When the cursor is at the 12th digit of the number area, pressing (M) causes it to jump back up to the first character of the name.
- 7. Use (B) to change the character (hyphen, number, or space) at the cursor position in the number area. The character changes in the following sequence.



- Holding down (B) changes the character at high speed.
- 8. When the character you want is at the cursor position, press (M) to move the cursor to the right.
- 9. Repeat steps 7 and 8 until you complete number input.
- You can input up to 12 digits for the number.
- 10. After inputting your data, press (A) to store it and return to the Telememo Mode data screen (without the cursor).
- If you do not perform any button operation for few minutes while the cursor is on the display, the watch automatically returns to the Telememo Mode data screen.
- The animation area of the display can show only three characters at a time, so longer text scrolls continuously from right to left.
- The number area can show up to six digits at one time. If a number has more than six digits, the display automatically switched between the first six digits (counting forward from the first digit) and the last six digits (counting backward from the last digit) of the number. This means that if a number is 12 digits long, the number area switches between the first six digits and the last six digits. If a number is 9 digits long, the number area switches between digits 1 through 6, and digits 4 through 9.

#### Animation Area

#### Number Area



#### To recall Telememo data

- In the Telememo Mode, press (B) to scroll forward through stored data items.
- Holding down (B) scrolls through the data at high speed.

#### To edit Telememo data items

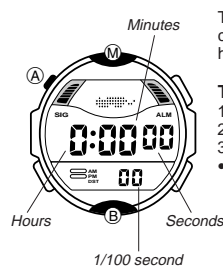
1. In the Telememo Mode, scroll through the data items and display the one you want to edit.
2. Press (A) and a cursor appears in the animation area.
3. Use (M) to move the cursor to the character you want to change.
4. Use (B) to change the character.
  - For details on inputting characters, see "To input new Telememo data" (steps 3 for name input and 7 for number).
5. After making the changes that you want, press (A) to store them and return to the Telememo Mode data screen.

#### To delete Telememo data

1. In the Telememo Mode, scroll through the data items and display the one you want to delete.
2. Press (A) and a cursor appears in the animation area.
3. Hold down (B) and (M) at the same time until the message CLR (clear) appears in the animation area.
  - At this time the cursor appears in the animation area, ready for input.
4. Input data or press (A) to return to the Telememo Mode data screen.

### STOPWATCH MODE

The Stopwatch Mode measures elapsed time and cumulative elapsed time. The range of the stopwatch is 23 hours, 59 minutes, 59.99 seconds.



#### To measure elapsed time

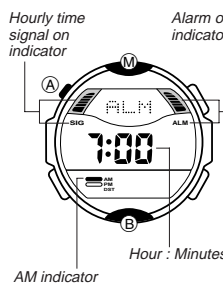
1. Press (B) to start the stopwatch.
2. Press (B) to stop the stopwatch.
3. Press (A) to clear the stopwatch to all zeros.
  - Instead of pressing (A), you can also clear the stopwatch by holding down (B) for a few seconds.

#### To measure cumulative elapsed time

1. Press (B) to start the stopwatch.
2. Press (B) to stop the stopwatch.
3. Press (B) again to resume timing from the time shown on the display.
  - You can repeat steps 2 and 3 as many times as you like.
4. Press (A) to clear the stopwatch to all zeros.
  - Instead of pressing (A), you can also clear the stopwatch by holding down (B) for a few seconds.

### ALARM MODE

When the Daily Alarm is turned on, the alarm sounds for 20 seconds at the preset time each day. Press any button to stop the alarm after it starts to sound. When the Hourly Time Signal is turned on, the watch beeps every hour on the hour.



#### To set the alarm time

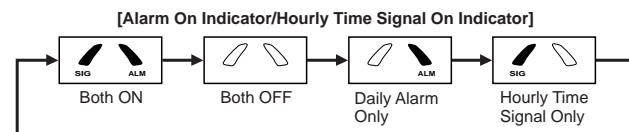
1. Press (A) while in the Alarm Mode. The hour digits flash on the display because they are selected.
  - This operation automatically turns on the Daily Alarm.
2. Press (M) to change the selection in the following sequence.



3. Press (B) to increase the selected digits. Holding down (B) increases the selection at high speed.
  - The format (12-hour and 24-hour) of the alarm time matches the format you select for normal timekeeping.
  - When setting the alarm time using the 12-hour format, take care to set the time correctly as a.m. (AM indicator) or p.m. (PM indicator).
4. After you set the alarm time, press (A) to return to the Alarm Mode.
  - If you do not operate any button for a few minutes while a selection is flashing, the flashing stops and the watch goes back to the Alarm Mode automatically.

#### To turn the Daily Alarm and Hourly Time Signal on and off

Press (B) while in the Alarm Mode to change the status of the Daily Alarm and Hourly Time Signal in the following sequence.



#### To test the alarm

Hold down (B) while in the Alarm Mode to sound the alarm.

### AUTO DISPLAY FUNCTION



The Auto Display function of this watch continually changes the contents of the digital display. Note that you cannot use any of the watch's other functions (except for backlight) while the Auto Display function is operating.

#### To turn the Auto Display Off

Hold down **(M)** for about three seconds until the watch beeps.

#### To turn the Auto Display On

Hold down **(M)** for about three seconds until the watch beeps.

#### Note

The Auto Display function cannot be performed while you are making settings (i.e. while digits or other settings are flashing on the display).

### CITY CODE TABLE

City Code	City	GMT Differential	Other major cities in same time zone
PPG	PAGO PAGO	-11	
HNL	HONOLULU	-10	PAPEETE
ANC	ANCHORAGE	-09	NOME
LAX	LOS ANGELES	-08	SAN FRANCISCO, LAS VEGAS, VANCOUVER, SEATTLE, DAWSON CITY
DEN	DENVER	-07	EL PASO, EDMONTON
CHI	CHICAGO	-06	HOUSTON, DALLAS/FORT WORTH, NEW ORLEANS, MEXICO CITY, WINNIPEG
NYC	NEW YORK	-05	MONTREAL, DETROIT, MIAMI, BOSTON, PANAMA CITY, HAVANA, LIMA, BOGOTA
CCS	CARACAS	-04	LA PAZ, SANTIAGO, PORT OF SPAIN
RIO	RIO DE JANEIRO	-03	SÃO PAULO, BUENOS AIRES, BRASÍLIA, MONTEVIDEO
---		-02	
---		-01	PRAIA
LON	LONDON	+00	DUBLIN, LISBON, CASABLANCA, DAKAR, ABIDJAN
PAR	PARIS	+01	MILAN, ROME, MADRID, AMSTERDAM, ALGIERS, HAMBURG, FRANKFURT, VIENNA, STOCKHOLM, BERLIN
CAI	CAIRO	+02	ATHENS, HELSINKI, ISTANBUL, BEIRUT, DAMASCUS, CAPE TOWN
JRS	JERUSALEM		
JED	JEDDAH	+03	KUWAIT, RIYADH, ADEN, ADDIS ABABA, NAIROBI
THR	TEHRAN	+3.5	SHIRAZ
DXB	DUBAI	+04	ABU DHABI, MUSCAT
KBL	KABUL	+4.5	
KHI	KARACHI	+05	
DEL	DELHI	+5.5	MUMBAI, CALCUTTA
DAC	DHAKA	+06	COLOMBO
RGN	YANGON	+6.5	
BKK	BANGKOK	+07	JAKARTA, PHNOM PENH, HANOI, VIENTIANE
HKG	HONG KONG	+08	SINGAPORE, KUALA LUMPUR, BEIJING, TAIPEI, MANILA, PERTH, ULAANBAATAR
TYO	TOKYO	+09	SEOUL, PYONGYANG
ADL	ADELAIDE	+9.5	DARWIN
SYD	SYDNEY	+10	MELBOURNE, GUAM, RABAUL
NOU	NOUMEA	+11	PORT VILA
WLG	WELLINGTON	+12	CHRISTCHURCH, NADI, NAURU ISLAND

\* Based on data as of June 1998.

### CHARACTER LIST

1	(space)	10	I	19	R	28	0	37	9
2	A	11	J	20	S	29	1	38	.
3	B	12	K	21	T	30	2	39	---
4	C	13	L	22	U	31	3		
5	D	14	M	23	V	32	4		
6	E	15	N	24	W	33	5		
7	F	16	O	25	X	34	6		
8	G	17	P	26	Y	35	7		
9	H	18	Q	27	Z	36	8		